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Monday

TTO = Term Time Only

Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Early Birds Toddler Time (TTO)	New Tredegar Library	9.30 - 10.15 am
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Dementia Support Group	White Rose Resource Centre	10 am - 12 noon
Information Cafe & Coffee Morning (1st Mon)	Phillipstown Community House	10 am - 1 pm
Knit and Natter	New Tredegar Library	10.30 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Overs 50s Club	Tir-phil Community Centre	1 - 3 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Early Evening Cake Design Class (13th Jan - 17th March)	Tir-phil Community Centre	3.45 - 5.45 pm
Speak Easy (Men's Social Group)	White Rose Resource Centre	4.30 - 6.30 pm
Walking Football	Idris Davies School	6.15 - 7.15 pm
Yoga (starts 26th Feb)	Tir-phil Community Centre	7.30 pm



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Tuesday

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Credit Union	Phillipstown Community House	9 am - 11 am
Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Fareshare Food	White Rose Resource Centre	9.30 am - 12 noon
Music Session with RecRock (TTO)	White Rose Resource Centre	10 am - 12 pm
Supporting People (Tenancy Support)	White Rose Resource Centre	10 am - 2 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
New Tredegar Strollers	Locations on our Cwtsh Facebook page	10.45 am
Warm Arted Art Class	Phillipstown Community House	12.30 - 2.30 pm
The Parent Network (TTO)	White Rose Resource Centre	12.30 - 2.30 pm
Music Session with RecRock (TTO)	White Rose Resource Centre	1 - 3 pm
Young Stars (3-5 years) (TTO)	White Rose Resource Centre	3.30 - 4.15 pm
New Tredegar Youth Club (TTO)	New Tredegar Leisure Centre	5 - 7 pm
Keep Fit with Ashton	Tir-phil Community Centre	6 - 7 pm

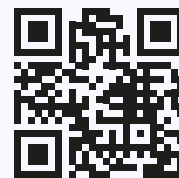


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Wednesday

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Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Literacy Through Art (TTO)	Phillipstown Community Centre	10 am - 12 pm
Lunch Club	St Dingat's Church, New Tredegar	12 noon
Seated Movement	Bethania Church, New Tredegar	1.30 - 2.30 pm
Play Date (0 - 2 years) (TTO)	New Tredegar Library	2 - 3 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Family Fun (Games, Lego, Colouring etc)	New Tredegar Library	3 - 4.30 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 9 pm
Youth Sport Sessions (TTO)	Phillipstown Community Centre	4 - 5.15 pm
Rugby Training (Under 8s)	New Tredegar Leisure Centre	6 - 7 pm
Girls Rugby Training (Year 8 and 9)	New Tredegar Rugby Fields	6 pm
Girls Rugby Training (Year 6 and 7)	New Tredegar Rugby Fields	7.15 - 8.15 pm



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Thursday

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Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
The Parent Network (TTO)	Phillipstown Community House	9.30 - 11.30 am
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 9 pm
Crochet Club	Tir-phil Community Centre	10 am - 12 pm
ESOL (for adults) (TTO)	New Tredegar Library	10 am - 12 pm
Platform (support & advice drop in)	White Rose Resource Centre	10 am - 1 pm
Rhymney Valley Foodbank	White Rose Resource Centre	11 am - 1 pm
Men's Shed	Tir-phil Community Centre	11 am
Community Luncheon	Tir-phil Community Centre	12 - 2 pm
Gardening Club	Tir-phil Community Centre	1 - 3 pm
Toddler Time (0 - 3 years) (TTO)	New Tredegar Library	2 - 2.45 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
White Rose Cafe (cuppas, chat, bingo and more!)	White Rose Resource Centre	3.30 - 6 pm
Slimming World	White Rose Resource Centre	5.30 - 7.30 pm
Keep Fit with Ashton	Tir-phil Community Centre	6 - 7 pm



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Friday

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Elliot's Cafe	White Rose Resource Centre	9 am - 2 pm
Podiatrist	White Rose Resource Centre	9 am - 5 pm
Mobile Post Office	White Rose Centre Car Park	9.30 am - 12.30 pm
Welcome Space (free refreshments)	New Tredegar Library	9.30 am - 1 pm
Craft Group	Tir-phil Community Centre	10 am
Seated Dance (TTO)	White Rose Resource Centre	11 am - 12 pm
White Rose Singers Choir Rehearsal (TTO)	White Rose Resource Centre	1.15 pm - 2.30 pm
Friendship Friday (Free refreshments, bingo and quizzes)	Tir-phil Community Centre	1.30 - 4.30 pm
Welcome Space (free refreshments)	New Tredegar Library	2 - 6 pm
Fitness Suite Opening Hours	New Tredegar Leisure Centre	3.30 - 8 pm
Kettlebells (Fitness with Erin)	Tir-phil Community Centre	5 pm
Bingo	Tir-phil Community Centre	7 - 9 pm



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Saturday

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Parkrun (5km)	Penallta House, Ystrad Mynach	9 am
Parkrun (5km)	Parc Bryn Bach, Tredegar	9 am
Parkrun (5km)	Coed-cefn-pwll-du, CF83 8UH	9 am
Fitness Suite Opening Hours	New Tredegar Leisure Centre	9.30 am - 1.30 pm
Legs Bums and Tums (Fitness with Erin)	Tir-phil Community Centre	11 am

Sunday

Junior Parkrun (2km, 4-14 years)	Parc Bryn Bach, Tredegar	9 am
Junior Parkrun (2km, 4-14 years)	Penallta House, Ystrad Mynach	9 am

Looking to add an activity?

Email: info@cwtsh.wales
Call: **07581019410**

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[CaerphillyCwtshCommunity](https://www.facebook.com/CaerphillyCwtshCommunity)



More details

For more details of the activities and providers, visit www.cwtsh.wales or scan the QR code opposite.

More information on wellbeing activities and support is also available at:
www.dewis.wales



Are you struggling with loneliness or isolation? Please contact Caerphilly Cares on 01443 811490, email caerphillycares@caerphilly.gov.uk or text SUPPORT to 07537 414 443



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